



A quiet scene at Manhattan Beach Monday.

(photo by Chris Miller)

Lots of rain and iffy weather on tap for the next few days so stay on your toes.

Elevated bacteria levels in ocean water may cause someone to become ill. The Department of Health Services recommends that beach users avoid contact with ocean water, especially near flowing storm drains, creeks and rivers for a period of three days after rainfall ends.

By Thursday morning, Jan. 24, we'll see our SW swell begin its slow disintegration as the time in between sets increases and the wave size decreases. There will still be some sets rolling through but you'll have to wait for them. We'll also have some fresh WNW energy in the water that will put the top west-facing breaks into the chest- to head-high-plus zone. We do have to dance

around the midmorning high tide but the early morning should be fine.

For Friday, the SW energy will be all but gone as the WNW pulse continues to create head-high-plus surf for the top spots. Winds are still a bit of a question mark so be sure to check www.swellmagnet.com for daily updates.

On Saturday morning, we'll have continued swell out of the NW with the exposed breaks continuing to churn out head-high-plus surf.

Sunday morning will be just a hair smaller so if the conditions cooperate we should be in business.

This is M.D., the Surf Dr., delivering more hollow promises.